

# REDUCING X-RAY EXPOSURE

## Reduce the Risk, Keep the Benefit



### County of Los Angeles Department of Public Health Environmental Health Radiation Management Program

3530 Wilshire Boulevard, 9th Floor  
Los Angeles, CA 90010  
(213) 351-7897

[www.publichealth.lacounty.gov/eh/about/radiation-management-program.htm](http://www.publichealth.lacounty.gov/eh/about/radiation-management-program.htm)  
[www.cdph.ca.gov/rhb](http://www.cdph.ca.gov/rhb)

More information about dose reduction can be found at:

American College of Radiology [www.acr.org](http://www.acr.org)  
Conference of Radiation Control Program Directors [www.crcpd.org](http://www.crcpd.org)  
American Registry of Radiologic Technologists [www.arrt.org](http://www.arrt.org)  
Impact CT Scanner Evaluation Group [www.impactscan.org](http://www.impactscan.org)  
American Society of Radiologic Technologists [www.asrt.org](http://www.asrt.org)  
Image Gently [www.imagegently.org](http://www.imagegently.org)  
American Association of Physicists in Medicine [www.aapm.org](http://www.aapm.org)  
Federal Drug Administration [www.fda.org](http://www.fda.org)  
California Department of Public Health [www.cdph.ca.gov/rhb](http://www.cdph.ca.gov/rhb)

 [facebook.com/lapublichealth](https://facebook.com/lapublichealth)

 [facebook.com/lasaludpublica](https://facebook.com/lasaludpublica)

 [twitter.com/lapublichealth](https://twitter.com/lapublichealth)

 [youtube.com/lapublichealth](https://youtube.com/lapublichealth)



## Tips to reduce your exposure to X-Ray radiation.

### ASK YOUR DOCTOR:

- If this is the right test to obtain the diagnosis.
- If there are other exams, such as a MRI or an ultrasound, that will provide the information needed without the use of X-rays.
- What preparations needed for your X-ray exam. Be sure to follow instructions, so the test does not have to be repeated.

### ASK YOUR X-RAY TECHNOLOGIST:

- To make sure the exam ordered is the same exam that is written on the prescription.
- To make sure the exam is for the correct side, i.e. left leg or right arm.
- To make sure the X-ray field only covers the area of interest - this is called "close collimation."
- To provide protective shielding for your reproductive organs if you have not passed the reproductive age.
- To thoroughly explain the exam and repeat any misunderstood directions.

### DO YOUR PART:

- Let the X-ray facility staff know if you are pregnant or think you may be.
- Follow the X-ray technician's directions as closely as possible, example holding your breath or not moving during the exam.
- Keep a record of your X-ray exams for yourself and for your family. List the date, type of exam, reason for the exam, and address of the facility where the exam is performed.

## X-RAY EXAMINATIONS RECEIVED:

Date: \_\_\_\_\_

Type of Exam: \_\_\_\_\_

Reason for Exam: \_\_\_\_\_

Doctor who ordered: \_\_\_\_\_

Where exam was performed: \_\_\_\_\_

Date: \_\_\_\_\_

Type of Exam: \_\_\_\_\_

Reason for Exam: \_\_\_\_\_

Doctor who ordered: \_\_\_\_\_

Where exam was performed: \_\_\_\_\_

Date: \_\_\_\_\_

Type of Exam: \_\_\_\_\_

Reason for Exam: \_\_\_\_\_

Doctor who ordered: \_\_\_\_\_

Where exam was performed: \_\_\_\_\_

Date: \_\_\_\_\_

Type of Exam: \_\_\_\_\_

Reason for Exam: \_\_\_\_\_

Doctor who ordered: \_\_\_\_\_

Where exam was performed: \_\_\_\_\_